

group exercise programme

Tandridge Leisure Centre

Accurate as of 26/04/2024

Times for Thursday 17 June



| Time | Session | Facility | Level |
|--------------------|---------------|---------------------|-------------------------|
| 8:30 am - 9:15 am | Aqua Aerobics | Indoor Pool (25.0m) | beginner / intermediate |
| 9:30 am - 10:30 am | Yoga | Studio 2 | beginner / intermediate |